

Tuesday and Thursday Nights
Begins Tuesday, May 10th
Ends Thursday, June 9th
WOMEN AGES 16-21 ONLY
Summer Session, 6:00–8:00 PM



WOMEN'S SELF-DEFENSE CLASSES

**Learn proven
techniques and bolster
your confidence in
self-defense situations.**

**A great course for high school
and incoming college
students to learn situational
awareness.**

**All classes taught by
certified police instructors
and held at Greenwich Police
Department Headquarters.**



***SPONSORED
BY THE
SILVER SHIELD
ASSOCIATION***



**\$40.00 registration fee
(includes class completion
Certificate and a T-shirt)**

**For registration and inquiries, contact Sgt. John Thorme
of the Greenwich Police Department
Community Impact Section: JThorme@greenwichCT.org**



Greenwich Police Department
Community Impact Section
11 Bruce Place, Greenwich CT 06830
Women's Self-Defense Application
2022 Summer Session



Applicants ***MUST*** provide a ***PHOTOCOPY OF THEIR MOTOR VEHICLE OPERATORS LICENSE*** or ***other official form of identification*** with this completed form along with a check for \$40.00 made payable to the Silver Shield Association. Applications submitted without identification or check will be rejected.

<u>Print Name (Last, First, Middle)</u>	<u>Date of Birth</u>
<u>Address</u>	<u>Email</u>
<u>Telephone Number</u>	<u>T-Shirt Size (Women's S, M, L, XL)</u>

The 5-week program starts on May 10, 2022 and is open to female applicants ages 16 to 21. The class is twice a week, Tuesdays and Thursdays, from 6:00 to 8:00 p.m. The class is limited to 20 students. Scholarships are available on an as-needed basis. Temperature checks and COVID symptom waivers must be completed at the start of each class.

Have you suffered any injuries requiring medical attention in the past 12 months?
YES **NO**

Are you prescribed any medication which may impair reaction time or judgment?
YES **NO**

Are you aware of any health problems that you have that prohibit you from participating in any sport or physical activity?
YES **NO**

Are you aware of any health problems that you have that, in the interest of your safety, that the Greenwich Police Department should be advised of?
YES **NO**

In case of an emergency, who should we contact?

Contact Name & Relation: _____

Contact Phone Number: _____

Waiver and Release of Liability

In consideration of the Greenwich Police Department furnishing services and/or equipment to enable me to participate in self-defense training,

I fully understand and acknowledge that the activities I undertake in connection with self-defense training have inherent risks, dangers and hazards, my participation in such activities may result in injury or illness including, but not limited to, bodily injury, bruises, disease, strains, fractures, partial and/or total paralysis, death or other ailments that could cause serious disability, these risks and dangers may be caused by the negligence of volunteers, the negligence of the participants, the negligence of others, accidents, the forces of nature or other causes. Risks and dangers may arise from foreseeable or unforeseeable causes including, but not limited to, the trainer's decision making, the acts or omissions of other participants in the self-defense training class and such other risks, hazards and dangers that are integral to the activities that take place in a self-defense training and physical skills atmosphere; and by my participation in these activities and/or use of equipment,

I hereby assume all risks and dangers and all responsibility for any losses and/or damages, whether caused in whole or in part by the negligence or other conduct of the participants, volunteers, instructors, or by any other person.

I, on behalf of myself and my parent/guardian hereby voluntarily agree to release, waive, discharge, hold harmless, defend and indemnify the Town of Greenwich and members of the Greenwich Police Department from any and all claims, actions or losses for bodily injury, property damage, wrongful death, loss of services or otherwise which may arise out of my use of equipment or my participation in any and all activities of this class. I specifically understand that I am releasing, discharging and waiving any claims or actions that I may have presently or in the future for the negligent acts or other conduct by the participants, volunteers, instructors, or by any other persons

I have read the above waiver and release with my parent/guardian, and by signing below, I hereby agree to its terms. It is my intention to exempt and relieve the Town of Greenwich and the Greenwich Police Department from liability for personal injury, property damage or wrongful death caused by negligence or any other cause.

Student: _____
Print name

Signature

Parent: _____
Print name

Signature

Date: _____

<u>Section Sergeant Signature</u>	<u>Date Received GPD Use ONLY</u>	<u>Approved:</u>	YES	NO